



Spec. Ryan Salazar, a Team Hawaii culinary arts specialist, breaks cauliflower into a saucepan, March 14, during the student chef event at the Joint Culinary Training Exercise JCTE at Fort Lee, Virginia.

Hawaii’s chefs recognized as the best in Army

DANI JOHNSON
Combined Arms Support Command
Public Affairs

FORT LEE, Virginia — For the fourth year in a row, Team Hawaii was recognized as the Culinary Team of the Year. About 332 American Culinary Federation (ACF) medals were awarded to more than 200 military chefs at the 43rd annual Joint Culinary Training Exercise (JCTE) awards ceremony, here, March 16.

“It’s an honor and privilege to speak to you today. I wish I could have spent more time (at JCTE). I looked online and my mouth was watering,” said Lt. Gen. Aundre F. Piggee, Headquarters Department of the Army, deputy chief of staff, G4, Pentagon, at the opening of the awards ceremony. “I applaud your competition. You are trained, highly qualified professionals in our operational forces.

“You all are winners by just participating. You now are better as individuals and will take back your knowledge and make your organizations better,” he said. “It is great to see all the services and our coalition partners. Nothing we do on the battlefield is alone; we do it together.”

JCTE started March 9 with the Armed Forces Chef of the Year event and continued until March 15 with the culmination of the International Two-Chef Culinary Challenge. The exercise, administered by the Joint Culinary Center of Excellence, is the largest ACF-sanctioned competition in North America.

All the judging is done by ACF-certified judges who volunteered their time over eight days to provide feedback and critique the participants. This year’s exercise showcased the talent of 232 military chefs from all military services around the globe to include four international teams.

“This week was about getting better, not only self, but our units. The Army and all the organizations represented,” said Brig. Gen. Rodney D. Fogg, quartermaster general and commandant, The Quartermaster School. “The 13 ACF judges



On the right, Staff Sgt. Jerald Bonkowski and Sgt. Darmel Carasquillo, both culinary arts specialists from Team Hawaii, receive critiques from the judges during the Joint Culinary Training Event at Fort Lee, Virginia, March 10.

At right, Team Hawaii poses for a remembrance photo with their awards.

were here to help you get better, to transfer their knowledge.”

ACF president and lead judge Stafford Decambre was on hand to assist in distributing the medals and awards.

“This is a huge competition that you were a part of, the quality (of the entries) was extraordinary,” he said. “Use this experience to develop your professional networks, to commit to growth, focus on learning.

“Define your cuisine and welcome feedback,” said Decambre, who has been a JCTE judge for 13 years. “Make your opportunities, get involved, cook to learn, have passion and love. You deserve everything you have received.”

This year, more than 2,800 people were

U.S. Army Reserve photo by Sgt. Jennifer Shick



on hand to watch 26 teams, with 450 entries, competing from all five service branches and four countries. Seventeen teams vied for Culinary Team of the Year with Team Coast Guard as the runner up to Team Hawaii.

Five countries – the United States, France, Great Britain, Canada and Germany – participated in the international challenge with Team Germany coming out victorious.



Elegant foods, like above, are prepared by all the chefs at the competition.

Along with testing their skills in one of the many categories, 13 service members also tried for a spot on the U.S. Army Culinary Arts Team. The USACAT is the military’s national culinary team and offers members the opportunity to compete in international-level events like the Culinary Olympics in Europe, while sharpening and broadening their skills.

Competing chefs were judged based on ACF guidelines. They were not competing against each other, but against industry standards. Those who exceeded industry standards were given medals – 56 gold medals, 135 silver medals and 141 bronze medals were presented to military chefs who met the judging criteria.

Competing service members are afforded the opportunity to earn ACF certifications, a recognized industry-standard credential, which helps chefs provide better service to their customers in dining facilities, as well as acceptance in the civilian sector when a service member transitions out of the military.

Top Awardees

- Culinary Team of the Year, Team Hawaii
- Runner up, Team Coast Guard

Judges Special Award (Cold Food Table)

- Team Hawaii

Wheeled vehicle mechanic from China earns Ranger Tab

Story and photos by
1ST LT. JOSEPH WYATT
8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — It is 7 a.m. on a brisk Oahu morning. The Forward Support Company, 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command is wrapping up an Army physical fitness test with the first group of runners coming in.

However, one runner is standing out in front of the pack, but he seems almost disappointed as he crosses the finish line first.

His noncommissioned officer shouts, “You scored above a 300; be excited!”

The Soldier responds, “Sgt., I know I can do even better ... and next time, I will!”

The Soldier is Cpl. Lie Wu, a 31-year-old wheeled vehicle mechanic originally from Xi’an, China. His hard work, determination and dedication have taken him far beyond the Schofield Barracks track, as he recently earned the coveted Ranger Tab.



Wu



Cpl. Lie Wu, a wheeled vehicle mechanic assigned to the Forward Support Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, earns the coveted Ranger Tab in January.

Ranger School is the Army’s premier combat leadership and small unit tactics course. One of the toughest physical, mental and emotional challenges many Soldiers will ever face. Only 36 percent of those who start Ranger School obtain the tab.

For more than two months, Ranger students train to exhaustion, pushing the limits of their minds and bodies. Oriented towards small-unit tactics and training

volunteers to engage in close combat and direct-fire battles, the school has three phases: Benning, Mountain and Florida.

In the last 12 years, there have only been 42 Soldiers in Wu’s military specialty to complete the course.

Wu said, for him, the hardest part was something that fueled his determination: the fear of disappointing others.

“I was scared to fail others, the expectations of my unit, my family – espe-

cially when I was recycled and had just one more chance. I was in leadership; you have to do your best. But even when you’re not, you also have to do your best to support your Ranger buddies,” he said.

Wu has been in the Army for only 28 months and currently serves as a wheeled vehicle mechanic in the 84th Eng. Bn.’s Forward Support Company (FSC).

“I originally wanted to be a mechanic. It was something I knew nothing about, (but) I wanted to learn a new skill,” said Wu.

He takes pride in fixing vehicles and enjoys repairing or replacing broken parts. The battalion’s unique mission allows Wu the chance to use his mechanical skills on everything from High Mobility Multipurpose Wheeled Vehicles (or HMMWV) and Light Medium Tactical Vehicles, to generators and containerized kitchens.

Military Accessions Vital to the National Interest

The MAVNI program is a small and very exclusive program that benefits immigrants and the U.S. military. It provides paths to U.S. citizenship.



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Is retirement about to become reality?

Be sure to *not* overlook any of your medical benefits

BRIG. GEN. BERTRAM PROVIDENCE
Commanding General
Regional Health Command-Pacific

HONOLULU — For many service members who are planning to transition out of the military, the thought of retirement can be emotional and even overwhelming. However, for those who are ready and prepared, the transition can actually be less daunting than expected.

The retirement orientation process covers a lot of important information, to include details about health care benefits that are available to military retirees and their families. If you are a career service member and approaching retirement, there are some important decisions that you will need to make regarding future health care coverage.

TRICARE, the Department of Defense's health care program, will still be available for retirees, but there will be different options to consider, and certain actions that must be taken.

For starters, as a retiree, there are two health care plans that you may be eligible for: TRICARE Prime and TRICARE Select.

With TRICARE Prime, you will serve as an active partner with your Primary Care Man-



Providence

ager to develop and manage your health care plan. With TRICARE Select, you will receive your care in the network from a TRICARE authorized provider of your choice. It's important to note that the TRICARE Prime option has fewer out-of-pocket costs than TRICARE Select, but less freedom of choice when choosing a provider.

If you live within a 40-mile radius of a military treatment facility (MTF), then you are in a Prime Service Area (PSA) and eligible to enroll in TRICARE Prime. Although you may reside in a PSA, you do have the option to enroll in TRICARE Select. If you live outside of the PSA, TRICARE Select may be the best TRICARE option for you.

One of the most obvious changes to your health care plan is the annual enrollment fee of \$289.08 for an individual or \$578.08 for a family. However, if you are enrolled in TRICARE Prime at a military hospital, there are no co-payments or cost shares for any care received in the MTF.

Currently, if you choose to enroll in TRICARE Select, you will not have an annual enrollment fee, but you will incur co-payments and cost shares for medical services provided. You will also be responsible for meeting annual deductibles before TRICARE Select pays for medical services.

Additional information about cost shares associated with this option can be obtained by contacting a Beneficiary Counseling and Assistance Coordinator at Madigan Army Medical Center. Call (253) 968-1145 (option 2), or any MTF across the Army.

Before enrolling in TRICARE Prime or TRICARE Select, make sure your information is updated in the Defense Enrollment Eligibility Reporting System (DEERS). Once you and any family members are listed in DEERS as retirees, you will then be able to begin your TRICARE enrollment process.

Your eligibility as a retired service member begins the day you retire. However, I encourage you to start this process early to avoid a break in health care coverage. If you want to keep your TRICARE Prime coverage or enroll in TRICARE Select without a lapse in coverage, you must enroll before you retire, or within 90 days after your retirement date.

Additionally, retirees who choose not to enroll in a TRICARE program will only be eligible to receive care in the MTF on a space-available basis.

Retiring from the military and beginning a second career is a significant event in one's life, and the goal of the Army is to help make that transition as smooth as possible.

If you are planning to retire in the coming years, I want to thank you and your family for your selfless and dedicated service to our nation, and best wishes for a successful transition.

Enrollment

To enroll in TRICARE as a retiree, contact Health Net Federal Services at 1-844-866-9378 or visit the Beneficiary Web Enrollment site at www.dmdc.osd.mil/appj/bwe.

HI-EMA to host forum about natural hazards

Agency is seeking input for state mitigation plan

HAWAII EMERGENCY MANAGEMENT AGENCY
Hawaii Department of Defense

HONOLULU — The Hawaii Emergency Management Agency, or HI-EMA, is inviting the community to a public forum about updates to the Hawaii State Multi-Hazard Mitigation Plan, which addresses ways to reduce the impact of natural hazards on the State.

The forum will be held on Wednesday,

March 28, from 3-5 p.m., at Bldg. 303, Diamond Head Crater, or the HI-EMA Operational Support Center at Diamond Head.

The forum will discuss the planning process and findings to date as it relates to natural hazards that may pose risk to the state of Hawaii. Participants will also have an opportunity to ask HI-EMA representatives questions regarding the proposed project.

Hawaii's Multi-Hazard Mitigation Plan, last updated in 2013, lays out the state's blueprint for sustained actions to reduce or eliminate the long-term risks to people and property from natural hazards such as

hurricanes, tsunamis, earthquakes, severe flooding, wildfires and drought.

A current, approved plan is among the conditions of eligibility for some Federal Emergency Management Agency (FEMA) disaster assistance programs. Federal regulations require states to review and update their plans at least every five years and to submit the plan updates to FEMA for approval and to the governor for adoption.

HI-EMA is currently evaluating the state's vulnerability to natural hazards. This risk analysis is key to developing a strategy with potential hazard mitigation actions to reduce the impact of future natural disasters.

Community gets details about water at Red Hill

NAVY REGION HAWAII
Public Affairs

HONOLULU — The Navy and Defense Logistics Agency hosted a public information workshop at Moanalua Middle School, here, March 14.

The workshop provided an opportunity for attendees to ask questions and hear the latest update on the Administrative Order on Consent for the Red Hill Bulk Fuel Storage Facility.

Red Hill is a national strategic asset with 20 underground fuel storage tanks providing fuel essential to our nation's defenders, who safeguard national interests and support humanitarian missions overseas.

At the workshop, the Navy provided details about the Tank Upgrade Alternative (TUA) report and evaluated each alternative.

The Navy has invested more than \$200 million in recent years to continue the modernization process.

Rear Adm. Brian Fort, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, said the workshop and report is a part of the Navy's continuing efforts to invest in the integrity of the Red Hill facility.

"We are committed to continuing a thorough study of the hydro-geology at Red Hill, in coordination with the regulators," Fort said.

"We have not and will not rush to judgment or conclusions, and we will continue to keep the drinking water safe, no matter what. There is much more work to do in studying, analyzing and then implementing all the right initiatives at Red Hill.

"We must understand every potential action, reaction and consequence of our decisions," he added, "but this is also a good time to recognize how much progress we have made and continue to make."

The TUA report was released in December and is available on the EPA's website: <https://www.epa.gov/red-hill>.



Photo by Petty Officer 1st Class Corwin M. Colbert

Joint Base Pearl Harbor-Hickam Community Planning and Liaison Officer Victor Flint explains the construction and modernization of the Red Hill Bulk Fuel Storage Facility during a public information workshop at Moanalua Middle School on March 14.

In a letter distributed in December, Fort welcomed stakeholders and neighbors to read the comprehensive report and visit relevant websites.

"With our submission of the Tank Upgrade Alternative report on Dec. 8, the Navy and Defense Logistics Agency provided one of several tools to our regulators to help evaluate six options for upgrading the tanks at Red Hill," Fort said. "I welcome stakeholders and neighbors to read the comprehensive report, available on the EPA's Red Hill website."

The EPA posted a fact sheet on its site that provides updates on enhanced tank maintenance procedures, the ground water monitoring network, drinking water standards, tank upgrade study and the process for selecting upgrades, along with other information.

"The EPA confirms that drinking water

meets all federal and state standards. Full drinking water reports are available online, and additional information about how the DOH safeguards drinking water is available at <http://health.hawaii.gov/sdwb/>.

"We're happy to present the science, facts and evidence behind our decision-making process," Fort noted. "Regulators confirm our drinking water continues to be safe to drink, and the Red Hill tanks are not leaking," Fort said.

More Details

Visit these sites for more information:

- <https://www.epa.gov/red-hill>,
- cnic.navy.mil/redhill and
- health.hawaii.gov/sdwb/.

Voices of Ohana

Because March 26 is Prince Kuhio Day, a state holiday in Hawaii, we wondered, **How do you like to spend a day off?**

By 94th Army Air and Missile Defense Command Public Affairs



"My favorite ... is spending time with my family. We love visiting the beaches around the island, hiking ... (plus) trying out the local restaurants."



"I like to spend my day off volunteering on the USS Missouri doing amateur radio communications for exercises in case of emergencies."



Spc. Philip Sechow
Satellite communications operator maintainer
94th AAMDC

"Lately, I've been playing a lot of paintball over at Bellows Air Force Base."



Spc. Christina Williams
IT specialist
94th AAMDC

"I like to spend my day off with my friends going on hikes around the island that are less traveled."



Cpl. Wyatt Wolfe
All-source intelligence analyst
94th AAMDC

"My day off would include going to the beach. Makapu'u is by far my favorite beach."

Cpl. Juan Francisco Martinez
Cable systems installer maintainer
94th AAMDC

Ralph Miranda
System administer help desk
94th AAMDC

USARPAC Guard gets new deputy commander

Story and photo by
SGT. 1ST CLASS COREY RAY
U.S. Army Pacific Public Affairs

FORT SHAFTER —The U.S. Army Pacific welcomed Maj. Gen. Timothy M. McKeithen, deputy commanding general-National Guard, USARPAC, during a Flying V ceremony held at historic Palm Circle, here, March 15.

The ceremony was officiated by USARPAC commander, Gen. Robert B. Brown, who welcomed McKeithen into the “One Team Ohana.”

“Tim, the U.S. Army Pacific ohana welcomes you. It is really good to have you on the team,” said Brown. “Just fantastic to see you join the One Team Ohana at the perfect time when your nation, Pacific Command and USARPAC need it most to keep this great momentum in setting the theater in all that we are doing to prepare here in the Pacific.

“We just farewell-ed Maj. Gen. (Charles) Flynn, who did so much for this team across the Pacific and you have a hole there when you lose such a great leader, but like the Army always does, they fill it with a



Left — Maj. Gen. Timothy M. McKeithen (right), deputy commanding general-National Guard, USARPAC, and Gen. Robert B. Brown, USARPAC commanding general, salute the colors during a Flying V ceremony held at historic Palm Circle, Fort Shafter, March 15.

that Gen. Brown and Maj. Gen. Suntheimer have initiated-like the SPP (State Partnership Program) that builds partnership capacity and builds readiness,” said McKeithen. “It’s a great time to be in the Pacific. I am looking forward to being a part of a great team while helping us change and move forward.”

The Flying V ceremony traditionally welcomes or honors senior Army officials when they assume duties or depart from an USARPAC. The V refers to the way the colors are posted during the ceremony, which is V-shaped.

great leader in his place,” Brown continued. “Tim’s experience is perfect for what we are dealing with out here in the Pacific...so it’s great that we have an individual with such a tremendous background as a logistician on our team and for his knowledge of the total Army – the National

Guard, the Reserves and active duty – as we don’t do anything out here that isn’t total Army, as the Army team.”

As the deputy commanding general, McKeithen will support the USARPAC commanding general’s vision by setting the theater for success for con-

tingencies and warfighter functions.

During his remarks, McKeithen thanked the USARPAC team for their support.

“I look forward to working together with you as we set the theater and continue the great Army National Guard initiatives

I Corps hosts commander’s conference for Pacific area

Leaders share their perspectives on issues

Story and photo by
SPC. ERIK WARREN
5th Mobile Public Affairs Detachment

JOINT BASE LEWIS-MCCHORD, Washington — I Corps hosted a gathering of leaders from across the Pacific theater, March 6 and 7, for a commander’s conference at Joint Base Lewis McChord. Lt. Gen. Gary Volesky, I Corps commander, and Command Sgt. Maj. Walter Tagalicud, I Corps command sergeant major, brought command teams together — some from as far away as Alaska and Hawaii — for the two-day event, where Volesky and Tagalicud received updates on the state of readiness across I Corps.

Commanders from across I Corps gave an update on their current and future training plans and lessons learned through the conference, which

served as a semiannual training brief, highlighting how each unit leverages its training to build and sustain readiness.

Command teams also identified challenges, solutions and resource requirements for the remaining fiscal year.

In return, Volesky talked about his vision for the future of I Corps and how its Soldiers will continue to improve.

“We need to build the foundation of readiness by focusing on the fundamentals and empowering subordinates to motivate and lead their Soldiers,” Volesky said. “Mastering these skills will enable us to build combat readiness and be recognized as the military force of choice in the Pacific.”

An important topic was “America’s Big Six,” a list of things Volesky considers important, including war tasks and battle drills, physical fitness, maintenance, marksmanship, medical training and mission



Lt. Gen. Gary Volesky, I Corps commanding general, explains how I Corps will continue to train and stay mission capable during budget restrictions at a commander’s conference on Joint Base Lewis-McChord, March 6.

command.

“By using these guided principals, our Soldiers and leaders will be better prepared as it relates to readiness and the ability to deploy, fight, sustain and win,” said Command Sgt.

Maj. Pamela Williams, 593rd Expeditionary Sustainment Command’s senior enlisted adviser. “I am grateful for the ability to hear from other leaders across I Corps and get ideas on how we can

better our organization with available resources and through innovation.”

Attendance was not limited to command teams. Other attendees served on unit staffs across I Corps and used the event as an opportunity to hear directly from leadership across the Pacific area of operations.

“As a young staff officer, this is a tremendous opportunity to hear command guidance from the uppermost echelons,” said Maj. Matthew Weisner, 25th Infantry Division training officer, Schofield Barracks, Hawaii. “Being able to hear colonel-level briefings allows me to learn from all the brigades across the corps and take those lessons back to my division.

“I can take the commander’s intent from this room, the highest gathering of rank in corps, and give them to the lowest levels and ensure the Soldiers and noncommissioned officers are executing General Volesky’s intent.”

Disaster training boosts readiness of Pacific Reserve families

Story and photos by
STAFF SGT. JAMES KENNEDY BENJAMIN
9th Mission Support Command

FORT SHAFTER FLATS — Many in Hawaii during the false missile alert on Jan. 13 thought it was going to be their last day on Earth. For more than half-an-hour after the alert was issued, until it was eventually corrected, residents and visitors were in a state of panic.

Since then, the U.S. Army Reserve 9th Mission Support Command, headquartered here at Fort Shafter, has been proactive in training and equipping not just their Soldiers, but their families as well, to prepare for similar scenarios.

The 9th MSC’s Family Programs office conducted a day-and-a-half training for Family Readiness Group volunteers and liaisons, March 9-10, at the Daniel K. Inouye U.S. Army Reserve Complex.

The training focused on FRG best practices and crisis and readiness management to better equip units and families across the Pacific.

“Army programs and services enable readiness by helping Soldiers and families mitigate the unique demands of military life, foster life skills and strengthen resilience,” said Brig. Gen. Douglas Anderson, commanding general, 9th MSC.

The first part of the training allowed re-



9th MSC FRG Support Assistant Hokulani Bailey, seated, discusses services available through the Army Reserve Family Programs with an FRG volunteer at the Daniel K. Inouye Complex U.S. Army Reserve Center, March 9.

gional FRGs from Hawaii, Alaska, American Samoa, Korea, Guam and Saipan to discuss area-specific practices and issues.

“I liked the exercises where we had to get into groups and discuss what worked well and what challenges we faced,” said Dr. Sheila Woods, a retired command

sergeant major with the 9th MSC who is now a senior volunteer with the 962nd Quartermaster Company, 9th MSC. “This allowed the group to talk through issues and concerns and to hear some best practices from those who are currently active or those seasoned volunteers.”

The second part of the training drilled into crisis and readiness management. Guest speakers from internal and external agencies shared the latest information on their functions and offered advice on how FRGs could best use their different resources.

These resources included the American Red Cross, Army Community Service, Army Disaster Personnel Accountability and Assessment System, Defense Support to Civil Authorities, and Military OneSource.

Woods said she enjoyed the small-group discussions, where individuals shared their natural disaster experience. The groups worked through the most dangerous and the most likely scenarios, while brainstorming plans on how to best

prepare their families.

“It gave the participants firsthand insight into things that went right and what could have been done better,” said Woods, who lived in Hawaii for almost 26 years and now resides in San Antonio.

The 40 participants, who represented different units, came to the training with little-to-no experience in preparing families for crisis and left more prepared.

“After attending this training, our families have the tools and resources needed to guide them through the process if faced with a crisis,” Woods said. “This training gave those who attended a baseline or foundation to build or start from.”

For Anderson, family readiness plays a critical role.

“The more trained and equipped our families are at home, the better focused our Soldiers will be on their mission when deployed,” he said.

Woods concurred.

“Family readiness is important because when that times comes for our service men and women to deploy...they are leaving behind their families and their support system,” she said. “When our families are resilient and connected, they become a valuable asset not only to our Soldiers, but to the unit and to the community.”



FRG volunteers and liaisons with the 9th MSC, break into small groups to discuss area specific best practices and issues impacting their families and FRGs, March 9, at the Daniel K. Inouye U.S. Army Reserve Complex.



ACS Program Specialist Frankie Salas briefs FRG volunteers and liaisons with the 9th MSC on resources available to Reserve Soldiers and their families, March 9, at the Daniel K. Inouye Complex U.S. Army Reserve Center.

8th TSC, ASBP team up to host blood drives

**SGT. 1ST CLASS
MICHAEL BEHLIN**
8th Theater Sustainment Command

FORT SHAFTER — The 8th Theater Sustainment Command joined the Armed Services Blood Program (ASBP) to host several blood drives on Fort Shafter and Schofield Barracks, March 8-9.

The 8th TSC and ASBP sought to provide quality blood products for service members, veterans and their families. In particular, the blood drive supported the Army's top priority of readiness by ensuring Soldiers have the tools they need to deploy, fight and win.

Those who donated were eager to support a good cause by helping the ASBP get a much-needed asset to the military community.

“There are a lot of sick people in the world and I did not choose a medical profession,” said Spc. Latirius Jones, a signal support systems specialist with the 8th TSC. “That being said, I know that with my blood type, O positive, it’s a very rare blood type and it could save a lot of people. Donating blood ... means being able to save people without being a doctor.”

He said that despite misconceptions, donating doesn’t hurt.

The ASBP was started by President Harry Truman in 1952 and has been a fully operational since 1962. As a joint-service organization, the ASBP represents all of the military services and has many components working together to collect, process, store, transport and transfuse blood worldwide.

Throughout the drive, Soldiers from various units on Fort



Photo by Maj. Lindsey Elder, 8th Theater Sustainment Command Public Affairs



Photo by Maj. Lindsey Elder, 8th Theater Sustainment Command Public Affairs

Shafter and Schofield Barracks trickled in to donate during their free time.

“I feel that by giving blood, you’re doing your duty,” said Staff Sgt. Christopher Nunley, a

Left — Soldiers at Schofield Barracks give blood during a drive sponsored by the 8th TSC and ASBP, March 9, at the 130th Eng. Bde. headquarters.

military policeman with the 39th Military Police Detachment, 728th Military Police Battalion, 8th Military Police Brigade. “It’s free. All donating costs is time. Go ahead, help somebody, you might save a life.”

Throughout the blood drive, the ASBP stressed that while all blood types are needed, types B (positive or negative), O Negative and AB (positive and negative) are most in demand.

For more information on the

Staff Sgt. Christopher Nunley, a military policeman with the 8th MP Bde., has his blood drawn during a blood drive sponsored by the 8th TSC and ASBP at Fort Shafter. The 8th TSC and ASBP sought to provide quality blood products for service members, veterans and their families in both peace and war.



Photo by Sgt. 1st Class Michael Behlin

The 8th TSC teams up with the ASBP for blood drives on Fort Shafter and Schofield Barracks, recently.

ASBP, visit <http://www.military-blood.dod.mil/default.aspx>. For more information on the local ASBP, contact the Tripler Army Medical Center Blood Donor Center at 433-6148.

Soldier recognized for volunteer work with children

MAKE-A-WISH HAWAII
News Release

For Sgt. 1st Class JaNesse Simpson, better known as Ja’, serving the community is a way of life.

Ja’, a behavioral health Soldier at the U.S. Army Health Clinic-Schofield Barracks, oversees 10 behavioral health departments. He has served in the Army for 19 years, but his dedication to service extends beyond the military.

Since becoming a volunteer and wish granter with Make-A-Wish Hawaii, he has granted three wishes and participated in a number of fundraisers to benefit local children.

He was originally introduced to the Make-A-Wish mission through a fellow Soldier-turned-wish granter. After leaving work, he heads to the hospital to visit his wish kids, take them to the park or watch a movie with them.

“All the kids that I’ve worked with are tough as nails, super strong,” he said. “Watching the families get the news that their kids are doing better or that their wish is coming true is a big sigh of relief and so rewarding.”

Ja’ recently helped grant 9-year-old Ella’s wish to go to Disney World. He was on the baseball field with Ella and her family for the big reveal with the University of Hawaii Rainbow Warriors Baseball team on March 4.

“Ella just had a brain operation, and she’s already up and walking,” said Ja’. “And now she’s going to Disney World.”

Ja’ said working with the Make-A-Wish Hawaii team makes his volunteerism a “dream job.”

“There’s such a level of camaraderie,” he said. “I’ll bend over backwards for every one of those staff members.”

The appreciation is mutual.

“Ja’ always puts his whole heart into volunteering for us, whether he is helping out at events or serving



Dr. Evelyn R. Vento

Honolulu-Hawaii NAACP Chapter President Alphonso Braggs presents Sgt. 1st Class JaNesse Simpson with the Inspirational Military Leadership Award.

our keiki as a wish granter,” said Make-A-Wish Hawaii Volunteer Outreach Manager Will Phelps. “I am so grateful for his can-do attitude.”

In addition to his work for Make-A-Wish, Ja’ also volunteers for the military’s Drunk Driving Prevention Program (DDPP), which aims to prevent service members and their families from driving under the influence by giving them rides home.

“The concept is to prevent people from hurting themselves, hurting someone else or hurting their careers,” explained Ja’.

Since beginning his work with the Hawaii chapter of the program last March, Ja’ has already accrued more than 550 volunteer.

In September 2017, the Honolulu-Hawaii branch of



Debbie Leanne Photography

Sgt. 1st Class JaNesse Simpson volunteers at Make-A-Wish Hawaii’s inaugural Trailblaze Challenge, March 10.

the NAACP presented him with the Dr. Mary McLeod Bethune Inspirational Military Leadership Award for his work with Make-A-Wish Hawaii and the DDPP. He was among a handful of service members throughout the Pacific region who were recognized for their leadership.

He had been nominated for the award by a colleague, and receiving it proved to be a moving experience.

“It was humbling for me,” he said. “I certainly don’t do anything to receive any accolades, but I was so happy that people recognized that there are others out there trying to do good.”

For Ja’, who has been volunteering since high school, the importance of community service is immeasurable.

“It’s important to volunteer because truly giving back and not wanting something in return is such a reward within itself.”

Garrison honors its employees at Nob Hill

AIKO ROSE BRUM
Chief, Internal Communication
U.S. Army Garrison-Hawaii Public Affairs

FORD ISLAND — More than 102 employees of U.S. Army Garrison-Hawaii received honors for superior achievements at the quarterly Employee Recognition Program, here, at Nob Hill, March 16.

The historic Nob Hill location is closest to the USS Arizona Memorial, the final resting place of 1,177 service members killed on Dec. 7, 1941. The “hallowed ground” served as the front facing view for the audience and was selected to honor the employees, said Michael Amarosa, deputy garrison commander.

Five received recognition for their years of service – from 15 to 40 years, two received a Superior Civilian Service Award, 10 received a Commanders Award, 22 an Achievement Medal, three a Certificate of Achievement, 43 Recognition of Appreciation and 16 retirement commendations.

One employee, Dr. Paul Smith, a Natural Resources biologist with the Directorate of Public Works, was



Photo by Kristen Wong, Oahu Publications

Col. Stephen E. Dawson, commanding officer, U.S. Army Garrison-Hawaii, swears in Dr. Paul Smith, a Natural Resources biologist with the Directorate of Public Works, who has joined the U.S. Army Reserve.

welcomed into the U.S. Army Reserve.

“(He) came to me saying he was considering becoming a part of the Army,” said Col. Stephen E. Dawson, commander, USAG-HI, describing to the crowd the background of Smith’s commissioning. “Having a Ph.D., he gets

to come in as a captain.”

After Smith took the Oath of Office administered by Dawson, the audience cheered and applauded with enthusiasm.

“When I made the decision to apply for commission, I envisioned it as an opportunity to bridge leadership between

the military side and the civilian side,” said Smith. “To be able to share that moment with my civilian peers, and to be given the oath by Col. Dawson, who I have the utmost respect for, was an amazingly wonderful experience. For the ceremony to take place where it did, on the shore next to the Arizona Memorial, was truly humbling.”

Dr. Christine Altendorf, region director, Installation Management Command-Pacific, was on hand, too. She gave special tributes and extended “godspeed” to the retirees leaving the ranks.

“For myself, this ceremony was meaningful. Having this setting with the Arizona Memorial as a backdrop and having our command team recognize us this way will be a lasting memory,” said Jack Wiers, a retiree from USAG-HI Public Affairs.

All attendees were invited on a boat tour of Pearl Harbor after the ceremony for their professional development.

“My chest is swelling with pride. We have just incredible teammates,” said Dawson. “Without you we couldn’t have run the second largest city in Hawaii. Professionally, you’re second to none.”

CID warns Army community about social media scams

Latest criminal activity is making impersonations of Soldiers

CRIMINAL INVESTIGATION COMMAND
News Release

QUANTICO, Virginia — U.S. Army Criminal Investigation Command’s (CID) Computer Crime Investigative Unit (CCIU) is once again warning Soldiers and the Army community to be on the lookout for “social media scams” where cybercriminals impersonate service members by using actual and fictitious information, not just for “trust-based relationship scams,” also known as Romance Scams, but for other impersonation crimes, such as sales schemes and advance fee schemes.

“By monitoring your social media identity, you can protect your Army family and your reputation,” said Special Agent Daniel Andrews, CCIU director. “The criminals will use factual data from official websites and Soldiers’ personal social media sites, then prey on vulnerable people’s trusting nature and willingness to help the Soldier.”

Frequently, CID receives notifications from individuals stating they were scammed online by someone claiming to be a Soldier, but in reality, it was an online scammer who has used an unsuspected Soldier’s name and available social media photos to commit a crime.

No one is immune from becoming a victim. Scammers steal the identity of senior officers, enlisted personnel and civilians. Scammers, using this information from legitimate profiles, will capitalize on the trustworthy reputation of individuals associated with the Army.

According to experts, mitigating fraudulent social media is not simple, and there is no definitive way to stop criminals from using your personal data and photos. CID officials say that the ideal solution is to limit the details you provide about yourself in your social media profile. Additionally, Soldiers should take of advantage of all security and safety features and protocols offered on their social media accounts.

Another tip is to routinely search for your name on various social media platforms. Since scammers may use your photo but change the name, you should also conduct an image search of your social media profile pictures.

“Carefully scrutinize the pictures you post of yourself or are posted by others for revealing details like your name tag, unit patch and rank,” Andrews said. “Creating a profile display name other than your actual name makes it more difficult for people who do not know you well to find your profile and fraudulently use your social media identity.”

If you find yourself or a family member being imper-

sonated online, CID warns that you should take immediate steps to have the fraudulent sites removed. Victims should contact the social media platform (company) and report the false profile.

Keep in mind that criminals create impersonation accounts to look just like the real account of a service member by using very similarly spelled names and replacing characters with dashes, spaces and/or homoglyph characters. Be on the lookout for simple changes, such as zeros (0) used instead of the letter “O” or a number one (1) instead of the letter “l.”

“Always remember that effectively searching yourself requires creativity because of the misspelled names and other identifying information slightly different to disguise the criminal activity or just because the scammer doesn’t have command of the English language,” CID officials said. “Criminals will hijack photographs found on the Soldiers’ official and personal social media page and create a similar or identical biography.”

More Details

To report a felony-level crime or provide information concerning a crime, contact your local CID Office or the Military Police or visit www.cid.army.mil.

Soldier stories to be shared with all at new museum

DAVID VERGUN
Army News Service

FORT BELVOIR, Va. — Secretary of the Army Mark T. Esper visited the construction site of the National Museum of the United States Army, here, on Tuesday.

“Every Soldier has a story to tell, and this museum will allow their stories to be shared with all Americans through their eyes and ears and voices,” he said, adding that it was more important than ever for the Army to tell its story because few Americans today are veterans and many don’t know or understand the sacrifices made by Soldiers to protect the nation.

He said he hoped the museum would provide a way for future generations of Americans to learn about the Army’s history, which is the history of America, and appreciate the Army’s role in safeguarding the nation. He pointed out that the nation’s earliest militias were formed even prior to the founding of the republic.

“I hope that the museum will inspire others to consider the Army as a career or at least to appreciate it for all it’s given back to society,” he said.

Esper, who served in the regular Army, the Army National Guard and the Army Reserve, said he was pleased that planned exhibits included Soldier stories from all three components.

As he walked through the four-story structure, he said he was eager for the museum to open in about two years so he could visit the quiet reflective area known as the Medal of Honor Garden, which will be located on the third floor.

He said he also looked forward to seeing are some of the tanks and fighting vehicles.

As it turned out, those macro artifacts were already in the museum, said Tammy E. Call, the museum’s director,



Photo courtesy of retired Col. Duane Lempke
Aerial view of the National Museum of the United States Army taken in February.

indicating large plywood crates housing two tanks, an LCV (landing craft, vehicle, personnel) and a Bradley fighting vehicle. These exhibits would be too big to fit through the museum’s front entrance so they were put in place early and the museum will be built around them.

The Army and Society Gallery, which will include stories of Soldier innovations, also piqued Esper’s interest. He pointed out that Soldiers have been involved in groundbreaking science and technology advances throughout history, from aircraft to trauma medicine.

“Their innovations span virtually every industry,” he said.

In addition to Army-related exhibits, Call said, the museum will have an Experiential Learning Center, where

students can study science and technology through such things as bridge building, satellites, unmanned aerial vehicles and Army medicine.

Within that center, she said, there will be a special hands-on area for younger children called “Fort Discover.” Here, children will play with and learn about things such as radios, jeeps and rockets. Inside, there will even be a miniature military fort in which they can play in and climb on.

There will also be a 300-degree viewing theater that can seat 128 guests, she said. The film shown there will create an immersive experience and introduce the Army and the museum to visitors.

For groups of visiting Soldiers and others, the museum galleries will provide opportunities for professional development where they can study lessons learned in warfare and changes to equipment and tactics over the Army’s history, she said, adding that understanding will contribute to current readiness.

The 185,000-square-foot National Museum of the United States Army is being built on 84 acres of property at Fort Belvoir, Virginia. Visitors to Washington, D.C., will find the museum is just a short drive away, only 15 miles south of the Pentagon, and just 6 miles from Mount Vernon – home to President George Washington. The museum is also accessible via public transportation.

The Army Historical Foundation is constructing the building through private funds, Call noted. The U.S. Army is providing the infrastructure, roads and utilities, then installing the artifacts and exhibits that transform the building into a museum.

The Army will own and operate the museum and admission will be free.

(Follow David Vergun on Twitter: @vergunARNEWS.)

Arlington National Cemetery running out of space

DEVON L. SUITS
Army News Service

WASHINGTON — Arlington National Cemetery will reach full capacity by the early 2040s if changes aren’t implemented soon, according to the executive director of the Army National Military Cemeteries.

“The Army recognizes that the cemetery is at a critical point in its history ... changes to eligibility combined with expansion will ensure Arlington continues to be an active cemetery well into the future,” Karen Durham Aguilera said during a House Armed Services Committee briefing on March 8.

In February 2017, Army officials informed Congress that the current space constraints at the cemetery would limit their ability to serve veterans in the future.

Current eligibility requirements for in-ground burial at ANC are the most stringent of all U.S. national cemeteries. Nevertheless, most veterans who have at least one day of active service other than training, and who have been honorably discharged, are eligible for above-ground inurnment at the cemetery, officials said.

“It’s a tough reality,” Durham-Aguilera said. “The current veteran population is over 20 million. The retiree population is over 2 million. The total force, both active and reserve, is over 2 million right now. Today we have around 100,000 available burial spaces. We cannot serve that population.”

During that 2017 meeting with Con-



Army photo by Elizabeth Fraser, Arlington National Cemetery
The U.S. Army Honor Guard firing party fires three volleys during the funeral of Army Sgt. 1st Class Mihail Golin in Section 60 of Arlington National Cemetery, Jan. 22.

gress, Army officials outlined considerations for expansion beyond current boundaries, and evaluated alternatives for maximizing the space within the cemetery’s geographic footprint, Durham-Aguilera said.

Katharine Kelley, ANC’s superintendent, said, “If (Arlington) were to get a southern expansion, that can push us for another 10 years.”

Still, she said it was unlikely that a possible expansion would provide a significant gain for the cemetery.

In addition to the expansion, Arlington officials have considered increasing the amount of niche wall inurnment sites. However, that would only serve as a temporary solution and could change Arling-

ton’s “iconic look and feel,” Kelley said.

Moving forward, Army officials have determined a need to redefine Arlington’s eligibility criteria for interment and inurnment. The last significant change to Arlington’s eligibility criteria was in the late 1960s, Durham-Aguilera said.

Another, more recent change, occurred in 2016 when active duty designees were added to the above-ground eligible population at ANC. These groups consist of about 200,000 active duty designees, or nearly double the current capacity at the cemetery.

To help make a better-informed decision about the cemetery’s future, officials conducted an initial public survey about burial options in November 2017.

Out of the 28,000 people polled, 94 percent agreed that the cemetery should remain active well into the future. Additionally, over 50 percent of those who were in favor of expansion also recognized the need to modify eligibility policy. Further, if no expansion is possible, a full 70 percent were in support of restricting eligibility in some manner to extend the life of the cemetery.

Based off the survey results, officials are now considering restricting Arlington’s eligibility requirement to service members killed in action, to Medal of Honor and high award recipients, to former prisoners of war and to military members that were killed while on active duty during operations or training, Kelley said.

Arlington officials are slated to conduct another survey in the coming weeks. At the conclusion of the study, results and recommendations will be compiled by cemetery officials and released to the secretary of the Army. From there, information from the study will be shared with the other armed forces secretaries and the Secretary of Defense, and eventually released to Congress, Durham-Aguilera said.

Finding ways to keep Arlington National Cemetery open well into the future, while at the same time honoring all who served, will be a challenge, Durham-Aguilera said. “These hard choices are on our minds every single day, as we go out and lay our veterans and patriots to rest.”



Traffic & Outages



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

April

2 / Monday

Wash Facility — The Vehicle Maintenance Wash Facility will be closed for construction April 2-Aug. 10. Temporary fencing will be erected.

Other areas of the facility will remain open. There will be no road closures or impacts to traffic during this work.

9 / Monday

Fort Shafter Repairs — Contractors will be

performing road repairs and electrical utility work on 7th Street, Wisser Road and Arty Hill Road from April 9-Nov. 23. Intermittent lane closures will occur.

Access to the Island Palm Communities office will still be open via 7th Street.

Work hours are Monday-Friday from 8 a.m.-2:30 p.m. Motorists are advised to expect delays and to follow detour signs to adjacent roads.

Use caution and observe all signs, traffic control personnel and devices while driving through affected work areas.

Ongoing

Extended Work — Roadwork on the right shoulder lane on Wheeler’s Wright Avenue will be extended to March 31.

Workdays will be from 8 a.m.-3 p.m., Monday-Saturday.

McCornack Road — There will be a parallel parking stall closure along McCornack Road near Bldgs. 660, 678 and 676 during crane erection of the new parking structure at U.S. Army Health Clinic-Schofield.



News Briefs

Send announcements for Soldiers and civilian employees to editor@hawaiiarmyweekly.com

Ongoing Cellphones — A new

city ordinance makes it illegal to look at a cellphone or other electronic device while crossing a street or highway on Oahu. Read more at www.hawaiiarmyweekly.com/2017/10/26/cellphone-safety-bill-now-in-effect/.

Text 911 — If you cannot provide a voice (or telephone) call to 911

during an emergency, now you can use your cellphone! Visit www.hawaiiextto911.com.

Prescriptions — Did you know that the post pharmacy will take back your expired prescriptions free of charge? Pick up an envelope at the pharmacy for disposal. Call 433-8421 or 433-8425 for details.



Bryson Kamakura, firefighter, Army Wildland Fire, monitors a piece of land that's part of a prescribed burn, May 16, 2016. The firefighters safely burned invasive Guinea grass before the drier summer season to prevent larger brush fires and better promote forest health.

Wildland firefighters support Army's mission

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii's 10 wildland firefighters do triple duty – at least – to support the Army's mission in Hawaii.

The only full-time wildland firefighters in the state, they help keep the community safe, they ensure Soldiers are able to train, and they play a role in protecting endangered species.

"There's a lot of science and technology that goes into what we do, a lot of factors impact how big a fire gets, how fast it travels," USAG-HI Wildland Fire Chief Charles Gibbs said.

"What we don't want is an out-of-control fire. If we get an out-of-control fire, we use more resources, like helicopter drops, and we shut down the ranges, so there's no training for the Soldiers," he added. "That causes a domino effect because each unit schedules their training ahead of time. If there's a fire, they're on hold and the unit scheduled after them is pushed back."

An out-of-control-fire also increases the danger to people, property, cultural resources and a number of endangered species. Under USAG-HI's Integrated Wildfire Management Plan, wildland firefighters must balance protecting all of these.

To minimize the risk of an out-of-control fire, the wildland firefighters monitor atmospheric conditions around the main firing range on Schofield Barracks – where annual records have shown fires are most likely to occur – and work with the Range Control Office to make sure Soldiers use the range under safe fire conditions.

To determine safe fire conditions are met,

they use what's called a Burning Index. This index measures factors such as ambient temperature, wind, weather and "fuel loads" (e.g., plants, other flammable material) to help them estimate the effort it would take to contain a fire on a given day.

They also maintain fire and fuel breaks and fire access roads, which help to ensure they can reach a fire and keep it contained within boundaries.

And finally, they plan and conduct annual controlled burns – what Gibbs called "fighting fire with fire" – to reduce the amount of highly flammable guinea grass, an invasive species that was likely introduced as an agricultural grazing crop but has since spread beyond farmland in the area. Reducing the fuel load further reduces the chances of an out-of-control fire.

It also benefits endangered species, said Justin Turnbo, USAG-HI's wildland fire management officer, because the controlled burning of guinea grass may give native plants a better chance of re-establishing themselves.

There are approximately 40 endangered plant and animal species on Schofield Barracks, and the wildland firefighters play an integral role in the Army's effort to safeguard them, said Paul Smith, a biologist with the Environmental Division of USAG-HI's Directorate of Public Works.

Turbo said that the government's attitude toward controlled burns has changed over the years.

"Before, it was all about preventing all fires," he said. "Now, there's more promotion of the idea that fires are OK, that

See FIRES B-3



Shanon Sison sprays a fire retardant foam to protect structures like light poles in May 2017.



USAG-HI wildland firefighters use Type 6 fire engines, which are more compact than traditional fire engines, but allow crews to access remote areas and traverse fire access roads.

Fighting fire with fire



USAG-HI wildland firefighters prepare for a controlled burn of Guinea grass near the Schofield Barracks main range in May 2017. These annual controlled burns cut down the amount of fire "fuel" and reduce the chances of an out-of-control fire. The controlled burns are regulated by state and federal agencies and must comply with safety standards.



Briefs

23 / Friday

Lei Making — Learn to make a beautiful lei every Friday for \$15 at the SB Arts & Crafts Center from 1-2 p.m. Call 655-4202.

24 / Saturday

Party Pong Challenge — Every Saturday at SB Tropics at 8 p.m. Call 655-5698.

25 / Sunday

Pottery Wheel Throwing — This class includes instruction and firing up to 15 pieces during class time, 11 a.m.-3 p.m., on Sundays, and 5-8 p.m., on Tuesdays. Costs \$100 for a 10-week session at the SB Arts & Crafts Center, Bldg. 572. Ages 17 & up recommended; for younger patrons, call 655-4202.

26 / Monday

Sundae Monday at Hale Ikena — Every Monday at FS from 11 a.m.-2 p.m., build your own ice cream sundae as part of our lunch buffet for \$14.95. Call 438-1974.

27 / Tuesday

Resiliency through Art (for Wounded Warriors) — This program focuses on self-expression through art in a small group setting at the SB Arts & Crafts Center every Tuesday from 9:30-11:30 a.m. Call 655-4202, as registration is required.

Preschool Story Time at FS Library — Attend every Tuesday for stories, songs, dancing and a craft at 10 a.m. at FS Library. Call 438-9521.

Sand Volleyball and Dodgeball — Every Tuesday at SB Tropics from 11 a.m.-2 p.m. Call 655-5698.

Quilting and Sewing — Every Tuesday and Sunday, attend quilting and sewing from 5-8 p.m. or 11 a.m.-3

Kitten season means more meows



Courtesy photo

The Hawaiian Humane Society offers a reminder that peak kitten season arrives with longer daylight hours. Caution is urged before rescuing kittens that appear abandoned, when in many cases a mother cat has left her litter to search for food.

HAWAIIAN HUMANE SOCIETY
News Release

HONOLULU — Late spring to early fall is typically what’s known as kitten season, when shelters across the nation, including the Hawaiian Humane Society, get an influx of kittens coming through their doors.

Although kitten season happens year-round in Hawaii due to the warm weather, it peaks from late spring to early fall, when cats have longer daylight hours and a longer amount of time to mate and, ultimately, breed.

Many people are tempted to rescue kittens they find and think are abandoned. The Hawaiian Humane Society urges community members to monitor the area quietly and cautiously by checking every few hours.

Oftentimes, the mother cat has left her litter to search for food, relieve herself or to take a break. She may be gone up to eight hours, but is usually not far. If only one or two kittens are seen, it’s possible that she is moving her family.

If kittens look distressed, meow loudly, breathe with their mouths open or the mother cat has not returned in over eight hours, they do need help.

Since animal shelters and veterinary clinics often provide the intensive care required, rescuers will need to be prepared to see the intervention through. Newborn kittens need to be fed every

p.m. for \$25 (first class) or \$6 (each additional class) at the SB Arts & Crafts Center, Bldg. 572. Ages 17 and up recommended; for younger patrons, call 655-4202.

Taco Tuesday at Hale Ikena — Every Tuesday at FS from 11 a.m.-2 p.m., enjoy a fresh salsa bar, fajitas and tacos for \$14.95. Call 438-1974.

28 / Wednesday
Preschool Story Time — Attend every Wednesday for stories, songs, dancing and a craft at 10 a.m. at SB Sgt. Yano Library. Call 655-8002.

Xbox Challenge NBA 2K17 — Every Wednesday at 11 a.m.-2 p.m. Call 655-5698.

Movie Event — Weekly movie event held on Wednesdays at SB Sgt. Yano Library from 3-5 p.m. All movies will be PG. Titles are available upon request. Call 655-8002.

Burger Bar Wednesday — Enjoy at FS Hale Ikena, Bldg. 711, Morton Drive, every Wednesday. Get hot dogs and burgers at the Grand Buffet. Call 438-1974.

Keiki Night — Every Wednesday is Keiki Night at the SB Kolekole Bar & Grill. Kids under 10 eat for only \$2.99 from the kids menu from 5-8 p.m. Call 655-4466.

29 / Thursday
Mom & Tots — Every Thursday, moms (or a parent/guardian) can enjoy mixed media crafting at \$5 from 10-11 a.m. at SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

Clay Hand Building — Attend at the SB Arts & Crafts Center, Thursdays, from 1-3 p.m. The first session is \$25; additional sessions are \$5. Call 655-4202.

Thirsty Thursdays at WAAF Hangar — Every Thursday enjoy \$0.75 wings and draft specials from 4:30-8 p.m. Call

open-admission shelter that welcomes all animals.

Established in 1883, this nonprofit organization is not a chapter of any group as there is no national humane society.

Online

For more resources, such as to learn how to care for newborn kittens and how to estimate a kitten’s age, visit hawaiianhumane.org.

656-1745.

Texas Hold’em Poker — Play Texas Hold’em every Thursday at SB Tropics at 5:30 p.m. Seating is limited. Cost is \$25. MWR Bucks to 1st place. Awarded the last Thursday of each month. Call 655-5698.

9 Ball Pool Tournament at Tropics — Join us every Thursday at 6 p.m. for a 9-ball single elimination and sudden death tournament at SB Tropics. Call 655-5698.

Wing Night at Mulligan’s — Every Thursday night on FS from 3:30-8 p.m., get 10 wings for \$3, 20 wings for \$5. Call 438-1974.

31 / Saturday
2018 Fun Fest — Join the family fun with a day at Fun Fest, Earth Day and the LTS Travel Fair, featuring activities, rides, free egg hunts and more, 9 a.m.-2 p.m., at Weyand Field. Visit HiMWR.com.



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

23 / Friday

Luke Bryan in Concert — Two-time country music Entertainer of the Year/superstar performs, 7:30 p.m., at the Neal Blaisdell Arena with Friday and Saturday night performances, along with the Brothers Osborne. Tickets begin at \$49.50. Visit www.emporiumpresents.com.

Jewish Services — Weekly worship services are 7:30 p.m., Fridays, at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. No Saturday morning services or Monday Bible studies are offered at JBPHH.

Saturday services are available at the Ala Moana Hotel. Call 735-8161.

Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) may call 348-4560 or visit www.chabadofhawaii.com.

Prince Kuhio Commemoration Parade — Watch 800 marchers, 35 vehicles, 2 floats & 2 bands, beginning at 9:30 a.m. Parade begins at Kalakaua Avenue at Saratoga Road and ends at Waikiki Shell parking lot, Queen Kapiolani Park.

Honolulu On Tap — Craft beer festival features two sessions, \$30 each, general admission. Sessions run 1-4 p.m. and 6-9 p.m. at the Blaisdell Exhibition Hall. Features 100 releases from some of America’s best craft breweries.

Kuhio Beach Hula Show — Authentic Hawaiian music and hula show by Hawaii’s finest hula halau (dance troupes). The show is presented Tuesday, Thursday and Saturday at 6 p.m. at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue in Waikiki. Seating is on the grass; bring beach chairs, mats, etc. Photography is welcome.

Drunk Driving Prevention Program-Oahu — You can avoid impaired driving. DDPP will drive you home completely free of charge, and, if you’d like, the DDPP will also drive your car home for free.

DDPP’s Hawaii chapter (with volunteers from Schofield Barracks) is taking pickups and more volunteers. Call 888-7407 or visit ddpp.us.

25 / Sunday
Family Fishing — Ho’omaluhia Botanical Garden in Kaneohe hosts this free catch and release family event, 10 a.m.-2 p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, rain gear and

fishing bait (fresh white bread).

A limited number of bamboo poles are available to borrow on a first-come, first-served basis. There is a 20-minute hike to the fishing area. For reservations, call 233-7323.

26 / Monday
ASYMCA — The Armed Services YMCA of WAAF needs your help. Please donate non-expired food to its pantry. It’s located at 1262 Santos Dumont Ave. on Wheeler. Call 624-5645 for more details. Visit www.asymcahi.org.

29 / Thursday
Schofield Barracks USO — Calling all bowlers! The USO is hosting this afternoon of free bowling, shoes included, 3 p.m. at the Schofield Barracks Bowling Center. All active duty service members and their families are invited.

RSVP at the Schofield Barracks USO Center or email cclevenger@uso.org. Groups of two or less will be partnered with other small groups. Groups of more than five will be split between two lanes. Walk-ins will only be accepted if space is available.

30 / Friday
The Music of Journey — The Hawaii Symphony Orchestra performs the music of Journey on Friday, March 30, and Led Zeppelin on Saturday, March 31, 7:30 p.m., at Blaisdell Concert Hall. Tickets begin at \$29. Tickets at ticketmaster.com.

31 / Saturday
Kolekole Trail — The SB trail is open to hikers this weekend, 5:30 a.m-6:30 p.m.

April
12 / Wednesday
Leeward Theater — Shakespeare’s The Merchant of Venice performances run April 12-14, 19-21 at Leeward Community College, 8 p.m., Visit <http://LCCTheatre.hawaii.edu>.

Ongoing
Army ROTC Scholarship — Army ROTC Study.com offers a \$500 scholarship for the coming year. Apply by April 1, at http://study.com/pages/Army_ROTCScholarship.html.

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business, 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex. The service is open to all military personnel, their family members and civilians from all military posts with base access.

Mystery Shopper — Soldiers, family members, retirees, civilians and others who live and work on Army Hawaii installations have the opportunity to give honest feedback on the services they receive at USAG-HI facilities. To become a “mystery customer,” call 656-0880/0881 or log onto www.usaghi.cms@us.army.mil.

Installation Waste Disposal — Visit www.islandpalmcommunities.com/CurrentResidents for more information on waste disposal.





The Sgt. Smith Theater will be closed until Oct. 31 for scheduled renovations.

Calendar abbreviations 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team CDC: Child Development Center CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FCC: Family Child Care FMWR: Family and Morale, Welfare and Recreation	FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities ODR: Outdoor Recreation PFC: Physical Fitness Center SAC: School Age Center	SB: Schofield Barracks SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield
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Fires: Science used to control burns

CONTINUED FROM B-1

controlled burns can help. The Army is being proactive by having us go out and do these controlled burns, knowing that without it there would be wildfires.

“Fire is not part of Hawaii’s natural ecosystem,” he added. “But now we have all of this guinea grass, which is a fire-loving plant, and if we didn’t do these controlled burns, we would have more out-of-control fires.”

The wildland firefighters are cognizant of the impact fires – even controlled fires –have on the neighboring community, and one way they try to mitigate this is by scheduling them when high school graduations are not underway. This avoids impact during a time of commu-

nity celebration.

“We try to be empathetic,” Turbo said. “We don’t want to impact the community, especially the elderly and children. We want good conditions, so the smoke climbs high, and there’s a wind to push it out over the ocean.

“Also, if things go bad, there are bad consequences not just for the community but for us,” he added, explaining that the Army must comply with federal laws and regulations or risk paying the price.

In addition to the Endangered Species Act, these regulations include the Clean Air Act, the Clean Water Act, the National Environmental Policy Act and the Sikes Act.

He may also have meant this literally, as there are risks to the firefighters themselves, who are on the front lines of the flames and the smoke.

Because of this, the job is physically demanding.

The wildland firefighters must meet the National Wildfire Coordinating Group’s training standards. Like the Soldiers, they adhere to a daily program of physical

training – running, sit-ups, pushups, pull-ups and more – and must pass an annual physical exam during which they must walk (but not run) 3 miles in 45 minutes while wearing their firefighting gear, among other tasks.

USAG-HI’s wildland firefighters also work closely with their federal, state and county counterparts through memorandums of agreement that have them pool resources against wildland fires on non-Army land.

By playing this diverse role, wildland firefighters make sure the Army can fulfill its complex mission in Hawaii.

Upcoming
The annual prescribed burn at the Schofield Barracks training range is scheduled for April 23-May 6. These dates are subject to change depending on prevailing weather conditions.

DOH streamlines TB testing requirements

Change allows faster results and improved testing accuracy

HAWAII DEPARTMENT OF HEALTH
News Release

HONOLULU — Traditional tuberculosis (TB) skin tests may no longer be necessary for many Hawaii residents seeking TB clearance for employment, school, food handling or participation in other programs, thanks to new TB testing requirements.

Following the recommendations of the majority of health care organizations, including the U.S. Centers for Disease Control and Prevention and the American Academy of Pediatrics, the Hawaii Department of Health (DOH) will begin instituting new TB screening procedures beginning March 19, 2018.



one’s risk of exposure to TB,” said Dr. Elizabeth MacNeill, TB Control Branch chief.

“This allows us to make better use of health resources and reduce unnecessary X-rays for those who have no risk. It also allows us to focus on providing treatment for those who would really benefit from treatment.”

Current Requirement

Now, when individuals visit their health care provider for a routine TB screening, they will be asked to complete a new standardized and detailed TB risk assessment questionnaire—a process that only takes a few minutes.

“We will be asking for more information about the person being screened, including symptoms of TB disease and health risks, such as a weakened immune system, which places that person at higher risk of getting TB,” Dr. MacNeill added. “The new process will help the health care community do a better job of screening for TB.”

One of the survey questions asks whether the individual has traveled abroad for four weeks or more to locations known for their prevalence of TB.

Based on an individual’s responses to the questions and other observations, a physician or advance practice nurse may determine the individual does not have any risks or symptoms and will be able to issue a TB clearance letter the same day without requiring the individual to take a skin test.

The new rule does not apply to those working in the health care field.

Health care workers are still re-

quired to obtain an annual TB screening and a test if they had no positive tests in the past.

Additional Update: TB Blood Test

There is another update to the screening process: A TB blood test can be substituted for a TB skin test.

Anyone above age 5 who is identified by the survey as being at risk for TB will be required to take either a TB skin test or a TB blood test. The blood test is not currently approved for children under age 5 and will not be accepted for this age group for clearance purposes.

Individuals with a positive TB skin test are still required to have a chest X-ray. Individuals with suspicious TB symptoms will require both a TB test as well as a chest X-ray before they receive clearance.

People may request the blood test for TB from their health care provider. Most local doctors can provide the risk screen and skin test, but it’s recommended to call in advance. The TB blood test is more expensive than a TB skin test, but is an option for those who do not want a skin test. In some cases, the blood test may be covered by health insurance plans.

More Details

For further information about TB testing requirements, visit <https://health.hawaii.gov/tb/> or call the TB program at (808) 832-5731.

DOH will continue to provide the TB skin test free of charge at designated locations

Visit health.hawaii.gov/tb/tb-testing-locations-times/ statewide.

Scholarships now available to IPC residents

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — A scholarship, especially for Island Palm Communities (IPC) residents, is yet another exciting benefit for families.

Applications for the 2018 WinningEdge Scholarship are now available to IPC residents pursuing their post-secondary education at a college, university or professional trade school in the 2018-2019 academic year.

The scholarship is funded by WinnCompanies, the award-winning national multi-family development and management firm providing property and maintenance management services to IPC.

Scholarship amounts vary, but awards are generally \$1,000. A demonstrable financial need to cover tuition, fees or student housing costs and academic performance are among the selection criteria.

Completed applications must be submitted to an IPC community center no later than March 30 for consideration.



Online application
The application and details can be found on IPC’s website, www.islandpalmcommunities.com/winningedge-scholarship.

Pantomiming parasites ‘freak’ mom during spring break

After months of relentless snow in Germany, we were headed to Spain for spring break. We’d splurged on a rental house along Costa Brava, with breathtaking views up the wazoo. What could possibly go wrong?

We showed up at the Stuttgart Airport right on time. When called to board, we cattle-prodded our three kids through the tight line up. Excited to escape the frigid confines of Patch Barracks, I envisioned pitchers of sangria, casual tapas dinners and lounging seaside without a care in the world.

Then, I saw something moving on Anna’s forehead. A tiny bug crawled along her hairline. Horrified, I instinctively grabbed her, pinching the bug between my thumb and finger. The girls had been complaining of itchy scalps, but I’d thought it was dry skin.

“Boarding passes, please,” the Lufthansa rep demanded.

Francis produced our tickets and herded us through the gate, wondering why I looked like I’d seen a ghost.

OMG

With the unidentified beast clamped between my thumb and forefinger, I threw myself into our row of airplane seats, peered down at my pinched fingers and slowly released my grasp.

The speck was motionless. Was it a harmless flake of skin? A fragment of leaf? A sesame seed from our morning bagels? Had I panicked for no reason? Silly me!

Just then, I squealed as I spied six wriggling legs.

Francis was irritable — his usual mood during family travel — so he was annoyed by me waving frantically across the isle. He leaned over and barked, “What is it, for criminy’s sake?”

“Lice!” I whisper-screamed, pointing at Anna’s head.

No one in our family had ever had lice, so the idea of our 5th-grade daughter being infested with parasites was terrifying. I spent the rest of our flight picking at Anna like a crazed chimpanzee. Of course, Lilly had lice, too.

Debarking the plane, I peered into Francis’ eyes and enunciated desperately, “Find a pharmacy, now!”

Francis sputtered through the streets of Girona in our rental car, searching for a green neon cross, the universal sign of European pharmacies.

“There’s one,” I exclaimed, pointing ahead, but there was no where to park on the busy street.

“Jump out! I’ll circle back and pick you up!” Francis yelled, and I leapt toward the green cross.

I flung the door open and lunged breathlessly into the tiny establishment.

Three startled Spaniards stared back at me.

In Europe, patrons ask the pharmacist for most products, which are located behind the counter. (A year



later, this custom proved particularly embarrassing when I was constipated during a trip to Venice.)

“My daughters have lice!” I blurted to the pharmacist. His puzzled look reminded me that I was in Spain.

Like a bad mime, I pantomimed, supplementing with the few Spanish words I remembered from 6th grade.

“My niños!” I pleaded. I scratched my head violently, pinched an invisible bug, and grimaced.

“Un poquito,” I growled, then hopped around, gnashing my teeth and clawing at the air like a giant, marauding louse.

Swallowing a giggle, the pharmacist said, “Si señora, un momento por favor.”

An hour later, Anna and Lilly were in the rental house bathtub, their heads in frothy turbans of shampoo and shower caps from the lice kits the pharmacist had sold me. Despite our initial panic, we didn’t let those lousy lice ruin our spring break.

To my relief, I learned that an estimated 6 to 12 million infestations occur each year in the U.S. among children 3 to 11 years of age. Head lice are most commonly spread through direct hair-to-hair contact. Infestation has nothing to do with cleanliness or environment.

Although it may take several treatments and multiple sessions of combing and nit-picking, lice can be eradicated in a couple of weeks. And, it is quite common for children to get head lice during school breaks, because that is when children have the most direct contact during selfies or sleep overs.

That week in Spain, we added nit-picking to our daily repertoire of sangria, tapas and breathtaking views up the wazoo. Spring break wasn’t as care-free as I’d envisioned, but you do have to take the good with the bugs.

(For more information on head lice, see <https://www.cdc.gov/parasites/lice/head/index.html>.)

Family respect needs an early start

CHAPLAIN (MAJ.) BRIAN HARGIS
25th Sustainment Brigade
25th Infantry Division

SCHOFIELD BARRACKS — Have you ever seen a parent and their teenager arguing and fighting?

Recently, I was shopping at the Schofield Barracks Post Exchange and witnessed a mother and daughter yelling at each other. I couldn’t tell the difference between the parent and the child!

This type of interaction is not uncommon anymore. Parents are frustrated. Teens are unhappy. Relationships are strained, and homes are full of disrespect and division, rather than love and unity.

There is a spirit of rebellion that is prevalent in youth culture, but it doesn’t need to be that way in our homes.

Gatekeepers

As parents, we are the gatekeepers. It’s our responsibility to train up our children in such a manner that we cultivate a relationship that will be positive and loving throughout the teen years – but it must start long before they turn into teenagers. It has to start when children are infants.

Here are two basic characteristics that children need early in life in order to mature into respectable teenagers...

1. Understanding that “NO” means “NO.”

Children need to know and believe that your “no” means “no.” There are plenty of “yeses” that you’ll give in a lifetime, but when your “no” changes to “yes” or resorts to “keep badgering me and I’ll cave in,” then you are creating a little monster that grows into a big monster.

A child without discipline or self-restraint will argue and disrespect you as a teen – just like what I witnessed in the PX. Without drawing the line in the sand and sticking to your guns, you’ll be scratching your head later in life and asking, “Where did I go wrong?”

It’s all in the simple building blocks. Your “no” must always mean “no.”

2. Show open affection.

Perhaps you were raised with an absence of love and affection. Maybe you seldom heard the words “I love



Hargis

you” or you were not squeezed with a hug that said “You are awesome.”

If that’s the case, it’s time for you to break the mold and be the parent your children need because open affection is one of the greatest needs in child development.

Openly confirm and reaffirm your love for your children. Shower them with hugs and kisses. Read a book to them. Play with their toys. Chase them with squirt guns. Ride bikes. Play hide-and-go-seek. Laugh and live life! Take the time to enjoy them while they are young because, before you know it, they’ll be grown and out of the home.

If you teach them to respect “no” and build those loving, strong bonds while they are young, they’ll be less likely to disrespect you as a teenager, and you won’t be fighting about an item in the PX. The combination of these two basic characteristics will produce a teenager that has discipline, self-restraint and is reciprocal of love to the parents ... and



that makes a united home.

Be blessed and not stressed.

(Editor’s note: Hargis is the senior pastor, IMPACT Chapel at Helemano Military Reservation.)



Courtesy photo

Parents are urged to start bonding with their children early – when they’re infants and toddlers, through childhood years – to prevent future fighting and stress.



Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

AMR: Aliamanu Military Reservation Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, PH
SC: Soldiers Chapel, SB
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Last Wednesday, 6 p.m. at MPC

Catholic Mass

- Monday-Wednesday, 11:45 a.m. at Soldiers Chapel
- Thursday, 11:45 a.m. at AMR
- Wednesday, 5 p.m. at MPC
- Saturday, 5 p.m. at TAMC
- Sunday services: -8:30 a.m. at AMR -10:30 a.m. at MPC -11 a.m. at TAMC

Gospel Worship

- Sunday, noon at MPC
- Sunday, 12:30 p.m. at AMR

Islamic

- Friday, 12:30 p.m. at AMR (Call 477-7647)

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship

- Sunday Services -9 a.m. at MPC (Contemporary) -9 a.m. at FD -9 a.m. at TAMC -10 a.m. at HMR (Contemporary) -10:30 a.m. at AMR (Contemporary) -11 a.m. at WAAF (Contemporary)

Healthy eating fuels SB dietitian

RAMEE OPPERUDE
U.S. Army Health Clinic-Schofield Barracks
SCHOFIELD BARRACKS — First Lieutenant Jessica Teachout has a passion for nutrition.

All month, the registered dietitian from Dover, Delaware, has been working persistently promoting National Nutrition Month and building strong relationships with Soldiers looking to improve their eating habits and in turn their physical performance.

“I feel like I am making a difference at the end of the day working with and helping Soldiers,” said Teachout. “This is exactly what I need to do.”

For Teachout, her journey is a story of hard work and a less than direct path to the U.S. Army Medical Corps.

“After deciding I did not want to be a freelance videographer for the rest of my



Teachout

life. I went back to school and finished up my degree in nutrition. I knew I wanted to get my masters, I knew I wanted to do an internship, but I did not know what my next move was going to be at that point.”

Following her undergraduate degree at Delaware State, Teachout applied for the U.S. Army-Baylor Graduate Program in Nutrition, which took her to Fort Sam Houston, and later an internship at Walter Reed National Military Medical Center. As a registered dietitian at the USAHC-SB she makes a direct impact on the lives of Soldiers every day.

In only a few months, she has seen some common themes with Soldiers and continues to emphasize the importance of motivation, support and breaking barriers to overcome nutrition challenges.

“What I always try to stress (to Soldiers) is awareness of high cholesterol, weight management and hypertension,” she said of working with Soldiers at the clinic. “Despite the aesthetics of weight management or me telling you to eat more fiber, this stuff will impact your life for the long run. It will prevent chronic diseases. I try to make them aware that

they are accountable for their health.

“I really do believe (nutrition) is the most natural form of medicine. It is going to drive our health long term,” she emphasized.

Teachout has a diverse interest in nutrition and can see herself involved with performance nutrition and pursuing advanced educational opportunities in the future.

“I am really interested in teaching and going back to teach at the U.S. Army Medical Department Center. Teaching courses is something I could see myself doing,” said Teachout. “We also have a heavy research component at United States Army Research Institute of Environmental Medicine, and I would like to get my Ph.D. in nutritional epigenetics.”

She gives advice to future dietitians and those interested in the field.

“Read books; listen to podcasts. Nutrition is constantly changing; we need to be on top of it, at the tip of the spear,” she said.

With a big smile, Teachout gave her favorite nutrition motto: “Eat food, mostly plants, not too much.”

Commissaries stock up, label shelves with colors

RICK BRINK
Defense Commissary Agency
FORT LEE, Virginia — It’s only natural to highlight the commissary’s nutrition guide program (NGP) during March since it’s National Nutrition Month, and this year the spotlight is on the center of the store.

“With the focus on eating healthy and nutritious foods, many may feel that items in the center of the store or those that have undergone some processing need to be avoided,” said Deborah Harris, registered dietitian and the Defense Commissary Agency’s health and wellness program manager. “The fact is that there are many items in the center of the store that promote health and fuel the body for optimal performance.”

Calling them economical and having a longer shelf life than fresh produce and lean meats, Harris said food items found in the center of the store should be pantry staples used in conjunction with fresh produce, lean meats and healthy

fats to build a healthy eating pattern.

“Our nutrition guide program, which was designed in collaboration with dietitians throughout the Department of Defense, identifies high-performance, nutrient-dense foods with a thumbs-up icon on the NGP shelf sign next to the food item,” Harris said. “Shoppers can combine these items with our fresh produce and lean meats to build a high-nutrient-quality shopping basket, and then enjoy cooking and preparing more meals at home.”

There’s such a wide variety and volume of center-store food items, from boxed cereal to canned beans and everything in between, that the commissary’s nutrition guide program, which was launched by DeCA just a year ago, is viewed as a tool to make shopping easier.

“The military community should have confidence in building their basket with us using the nutrition guide program because it’s scientifically credible,” Harris

said.

The program’s color-coded shelf labels point out items with key nutrient attributes. There’s dark blue for low sodium, brown for whole grain, purple for no sugar added, light blue for low fat and golden yellow for good source of fiber. There’s also green for the lifestyle choice of USDA-certified organic.

While many items have a combination of qualifying attributes, the ones with the “thumbs up” icon are especially recognized as nutrient-dense, high-performance foods.

“This is all about the customer,” Harris said. “The NGP helps make shopping easier, so our patrons can achieve their health and wellness goals.”

Online
Watch the nutrition guide video on DeCA's YouTube site at to <https://www.youtube.com/watch?v=Yz4-NNn92W0>.

Fuel the body with National Nutrition Month goals

TRICARE
News Release

If you made New Year’s resolutions that are starting to fizzle, don’t despair. March is National Nutrition Month — the perfect time to assess and adjust your healthy living goals and behaviors.

Whether you’re just trying to firm up, eat a more balance diet, or lose weight, the results make a big impact on your overall health.

The Centers for Disease Control and Prevention (CDC) reports that more than one-third of adults in the U.S. are obese and that obesity-related conditions are one of the leading causes of preventable deaths.

Tips
Check out the TRICARE monthly tips to discover small changes that will make a big difference during National Nutrition Month. You’ll learn health and wellness tips, including ways to adjust your diet, make food swaps, shop smart and engage in preventive health.

You can use your TRICARE preventive health benefits to improve your health.

TRICARE coverage

- One Health Promotion & Disease Prevention Exam (HP&DPE) annually for TRICARE Prime and TRICARE Select enrollees
- Age-appropriate doses of vaccines, as recommended by the CDC.
- Maternity care.
- Medically and psychologically necessary mental health and substance use disorder care.

Celebrate eating right during National Nutrition Month and take command of your health in 2018. Learn more about what’s covered under TRICARE.